

NON-GLUTEN CONTAINING INGREDIENTS MENU

The meals on this menu are made from ingredients which do not contain gluten or wheat.
If you have an allergy or intolerance, please speak to a member of staff before you order your food & drinks.
Full allergen information is available at foodallergyinfo.marstons.co.uk ^Ask if we have a dedicated NGCI fryer.

GRAZERS.

£3.29 EACH OR CHOOSE
ANY 3 DISHES FOR £9.00

Crispy Potato Skins^ with either:

UNDER 400 CALS Cheddar Cheese & Crispy Bacon
or:

UNDER 350 CALS BBQ Jackfruit V*

UNDER 350 CALS Mexi Nachos V

Tortilla chips topped with tomato salsa, soured cream, guacamole, jalapeños & melted Cheddar cheese.

UNDER 650 CALS

Chicken Wings

Chicken wings coated in your choice of:



Bull's-Eye Sticky Tennessee

Whiskey BBQ Sauce

or Thai sweet chilli sauce. 🌶️

UNDER 350 CALS

Fish 'n' Chip Shop Bites^

Fish, peas & potatoes seasoned with salt & vinegar in a crispy cider vinegar batter, with a tartare sauce dip.

Sandwiches

SERVED ON GENIUS™ BREAD WITH A SIDE OF CHIPS^.

House Club £5.79

The classic triple decker, slices of grilled chicken breast, bacon, salad & mayo.

Chicken, Red Pepper & Guacamole £5.79

Slices of grilled chicken breast, grilled red pepper & smooth guacamole.

UNDER 550 CALS

Red Pepper & Guacamole V* £5.49

Slices of grilled red pepper & smooth guacamole.

Steak & Horseradish £6.49

Pan-fried strips of rump steak, watercress & horseradish.

Cheese & Onion V* £4.99

Cheddar cheese & slices of red onion, a classic.

GRILLS

Hunter's Chicken £6.99

Grilled chicken breast topped with bacon & loaded with BBQ sauce & melted Cheddar cheese. Served with chips^ & a side salad.

UNDER 500 CALS

When served without the chips & with a larger salad.

Gammon Steak £6.99

10oz gammon steak with a fried free range egg or pineapple ring. Served with chips^ & garden peas.

UNDER 550 CALS

When served with pineapple & salad instead of chips & peas.

UPGRADE CHIPS^ V TO SWEET POTATO FRIES^ V FOR £1.00

Rump Steak £8.79

8oz rump steak with half a grilled tomato, garden peas & chips^.

UNDER 550 CALS

When served with salad instead of chips & peas.

Sirloin Steak £9.99

8oz sirloin steak with half a grilled tomato, garden peas & chips^.

UNDER 600 CALS

When served with salad instead of chips & peas.

Salads

WE START WITH CRISP MIXED LEAVES, RED ONION, SLICES OF TOMATO, CUCUMBER & MIXED PEPPERS DRIZZLED WITH OLIVE OIL, THE REST IS OVER TO YOU!

SIMPLY SELECT ONE MAIN TOPPER & ONE SALAD SIDE

MAIN TOPPER

UNDER 350 CALS

Grilled Chicken Breast £7.79

UNDER 350 CALS

Rump Steak £7.99

UNDER 200 CALS

Grilled Red Pepper & Mushrooms V £6.99

SALAD SIDE

UNDER 200 CALS

'Slaw V

UNDER 200 CALS

Thai Sweet Chilli 'Slaw V 🌶️

UNDER 300 CALS

Mixed Olives V

MAINS

Chicken Tikka Masala 🌶️ £6.99

A spiced tomato & onion flavoured sauce with a hint of coriander. Served with pilau rice, poppadums & mango chutney.

SALAD EXTRAS

UNDER 100 CALS

Bacon Rasher 50p

UNDER 250 CALS

Grilled Chicken Breast Slices £2.00

UNDER 300 CALS

Grilled Halloumi V £1.25

ADD the following extras to your salad:



GRILLED RED PEPPER & MUSHROOM SALAD

SIDES

'Slaw **V** £1.49 | Thai Sweet Chilli 'Slaw **V** £1.49 | Salad Bowl **V** £1.99 |
Chips[^] **V*** £1.99 | Sweet Potato Fries[^] **V*** £2.99

DESSERTS

Chocolate Fudge Cake **V** £3.49

Rich & gooey, served cold or warm with Beechdean™ vanilla pod ice cream.

Lemon Meringue Pie **V** £3.49

An individual lemon meringue pie made with sweet pastry then filled with tangy lemon curd & topped with fluffy meringue & all baked to perfection, served with Beechdean™ vanilla pod ice cream.

Chocolate Indulgence Sundae **V** £3.79

Beechdean™ Belgian chocolate truffle & vanilla pod ice creams finished with rich chocolate sauce topped with squirry cream & Cadbury® chocolate Flakes.

Ice Cream Sundae **V** (Lactose Free) £3.79

Beechdean™ coconut based vegan vanilla flavoured ice cream with lots of strawberry sauce.

Build your own Ice Cream Sundae

**CHOOSE 3 SCOOPS OF
BEECHDEAN™ ICE CREAM & A
SAUCE: STRAWBERRY, CHOCOLATE
OR TOFFEE FUDGE. TOPPED WITH
SQUIRRY CREAM. £3.79**

Vanilla Pod **V**

Raspberry Ripple **V**


Mint Chocolate Chip **V**

Belgian Chocolate Truffle **V**

Strawberries & Cream **V**



Allergy advice – All food is prepared in a kitchen where nuts, gluten & other allergens could be present & our menu descriptions cannot include all ingredients. If you have a food allergy please let us know before ordering. Full allergen information is available. **V** Suitable for vegetarians or vegetarian option available. **V** Suitable for vegetarians or vegans. **V*** **V*** We cannot guarantee these dishes have been cooked in dedicated fryers. Please ask a member of staff for more information. [^]Ask if we have a dedicated NGCI fryer. Dishes with chicken or fish may contain bones. 1oz = 28.3g. All weights are approximate prior to cooking. Offers cannot be used in conjunction with any other promotion.

 Calorie counts are for guidance only and are based on the complete dish as listed on the menu, excluding any additional seasoning or sauces that may be added by the customer. Portion sizes may vary from the quantity on which the calculations have been based, therefore values may not be identical to those served in a particular pub.

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